

# Nassau County Aquatic Center

NASSAU COUNTY DEPT. OF PARKS, RECREATION & MUSEUMS

## ***2015 Spring Session- LAND EXERCISE CLASSES***

Registration starts on Monday, February 9<sup>th</sup>, at 8:00 am

*Check website for class descriptions. All classes are 1 hour (unless otherwise noted.)*

Monday	Tuesday	Wednesday	Thursday	Saturday
9:30 a.m.: Fit & Fabulous Seniors \$72.00 (45 mins.)	9:00 a.m.: Pilates \$72.00 (45 mins)	9:00 a.m.: Pilates \$72.00 (45 mins)	9:00 a.m.: Senior Wake up & Dance \$39.00 (30 mins)	10:00 a.m.  \$45.60
9:30 a.m.: Tai Chi \$72.00	10:00 a.m.: Healthy Back \$72.00	10:30 a.m.: Fit & Fabulous Seniors (45 mins.) \$72.00	10:00 a.m.: Healthy Back \$65.40 (no class on 3/12)	
10:30 a.m.: Yoga \$105.00 (1 hr., 15 min.)				
12:15 p.m. Yoga \$39.00 (30 mins)	12:15 p.m.: Core & Stretch \$39.00 (30 Min.)	12:15 p.m.: Lunch Time Dance Party \$39.00 (30 min.)	12:15 p.m.: Intense Body Transformation \$39.00 (30 mins)	
5:30 p.m.: SPIN-CAMP 1 hr, 15 mins (½ hr Spinning + 45 min Boot Camp) \$105.00	 7:00 p.m. \$72.00	6:45 p.m.:  \$72.00 (45 Min.)	4:30 p.m.: Yin Yoga \$72.00	Personal training available for all facility members. Please contact David Graziosi for more information.  dgraziosi@nassaucountyny.gov 516-572-0520
7:00 p.m.: EXTREME CONDITIONING \$72.00		7:00 p.m.: EXTREME CONDITIONING \$72.00	5:30 p.m.: Yoga \$72.00	
7:00 p.m.: Triathlon Training Day 1 of 2 \$204.00 (1 hr, 30 mins)		7:45 p.m. Boot Camp \$72.00	7:00 p.m.: Triathlon Training Day 2 of 2 (1 hr, 30 mins)	

***Classes will be cancelled if enrollment numbers do not meet at least half the full class size.***

DATES		
<b>Mon.:</b>	Starts: 2/23- Last Class: 4/27	10 straight weeks (unless otherwise noted on the indiv. class)
<b>Tues.:</b>	Starts: 2/24 - Last Class: 4/28	10 straight weeks (unless otherwise noted on the indiv. class)
<b>Wed.:</b>	Starts: 2/25- Last Class: 4/29	10 straight weeks (unless otherwise noted on the indiv. class)
<b>Thurs.:</b>	Starts: 2/26 - Last Class: 4/30	10 straight weeks (unless otherwise noted on the indiv. class)
<b>Sat.:</b>	Starts: 3/7 - Last Class: 5/2	6 weeks (no class 3/14, 3/21, 4/25)
<b>Note:</b> a \$6.00 non-refundable registration fee is included in the price of each class		



NASSAU COUNTY EXECUTIVE  
**ED MANGANO**